



Photo by Capt. Heba Bullock, 25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Secretary of the Army Eric Fanning is assisted with flight preparation by Lt. Col. Aaron Martin, commander, 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, before flying in one of the AH-64D Apaches from 2-6th Cav., July 26.

SecArmy boards LSV-2, receives brief on Army

STAFF SGT. JOHN C. GARVER
8th Theater Sustainment Command

JOINT BASE PEARL HARBOR-HICKAM — Pacific Army mariners from 545th Transportation Company, 8th Theater Sustainment Command, shared their unique capabilities with Secretary of the Army Eric K. Fanning during his visit to Logistic Support Vessel 2, CW3 Harold C. Clinger, Wednesday, here.

The 8th TSC Soldiers discussed their respective fields with Fanning and provided a hands-on equipment demonstration.

“It was great being able to meet Mr. Fanning and explain how our mission in the Pacific is critical to supporting other services and other countries if called upon,” said Spc. Elvira Francis, quartermaster, 605th Detachment, 545th Trans. Co.

Francis briefed Fanning in the bridge of the vessel, showing him the sonar and weapons capabilities, and where the vessel master directs the Army mariners and engineers.

Fanning traveled the passageways of the vessel, visiting where the crewmembers quarters and the stations where they handle every aspect of the ship’s operation, from engine maintenance and safety to food service and medical needs.



Photo by Sgt. Jon Heinrich, 8th TSC Public Affairs

Eric K. Fanning, Secretary of the Army, meets with the crew of the 545th Trans. Co., 8th TSC’s LSV-2 CW3 Harold C. Clinger, July 27. Fanning received a tour of the ship and was briefed on its operation and use as one of the Army’s Pacific ships.

“We’re underway about 210 days a year,” said Sgt. First Class Tim Carman, detachment sergeant. “About 80 percent of that involves transporting equipment and supplies to the Big Island for training exercises that enable combat readiness for Pacific units.”

Carman went on to say that Army watercraft assets provide capabilities that enable access to un-improved ports, a potentially critical contribution during humanitarian assistance/disaster relief operations.

“It’s capabilities like this, and the Sol-

diers who make them possible, that are critical to the United States Army and to the United States of America,” Fanning said. “This vessel’s self-sufficient crew enables a level of readiness and maneuverability that enhances all operations in the Pacific, to include humanitarian assistance and disaster relief.”

The vessel’s cargo deck is designed to hold any vehicle in the Army inventory, and comparable vehicles in sister services and partner nation militaries.

The U.S. Pacific Command’s area of responsibility stretches 9,000 miles. More than one third of the region’s 36 nations are small islands, with the majority of the population living within 200 miles of the coast. Army Watercraft are a heavily used resource in moving personnel, equipment and supplies where they are needed, when they are needed, throughout the region.

LSV-2 CW3 Harold C. Clinger is one of the Pacific’s 26 Army watercraft assets providing over-the-water transportation of equipment and personnel to increase maneuverability and readiness throughout the region. The boat has both bow and stern ramps for roll-on/roll-off operations and can beach itself to load or discharge cargo over the shore, in as little as four feet of water.

Fanning meets TAMC Soldiers, tours medical center

Story and photo by
WILLIAM SALETTE
Tripler Army Medical Center

HONOLULU — Secretary of the Army Eric Fanning visited Tripler Army Medical Center, Wednesday, as part of his tour of the Pacific Command area of responsibility.

The purpose of this trip was to highlight the enduring presence of the Army in the Pacific and the Army’s integral role in President Barack Obama’s rebalance to the region, particularly through Pacific Pathways, a series of partnerships and joint exercises which strengthen our capabilities and enable our Joint Force to meet emerging threats.

“For the past 118 years, the U.S. Army’s presence and posture have provided the stability necessary for Pacific nations



Secretary of the Army Eric Fanning, meets with Dr. Jill Panos, assistant director of the TAMC Interdisciplinary Pain Management clinic.

to rise and prosper,” Fanning said. “We continue to place a high premium on both our military presence and support

for allies and partners to counter emerging threats and ensure that the United States and other Pacific nations can build security and prosperity together.”

Fanning’s trip to Tripler included a brief history on the facility, a lunch with Soldiers and highlighted the PTSD Residential Rehabilitation Program and the Pain Management Clinic.

“The Soldiers, civilians, and families in Hawaii and across the Pacific are the foundation for this security,” said Fanning. “Taking care of our people, and building their physical and mental strength and resilience, is a critical component of readiness and force effectiveness. Providing necessary health, education, and child-care services is not just the right thing to do; it’s vital to the morale and end-strength of our Pacific

forces.”

Tripler’s new commander, Col. Andrew Barr, sees the TAMC mission in three main focus areas: Readiness, wellness and health. Readiness means training the future of Army Medicine; for a medical center in the middle of the Pacific, it means disaster preparedness as well.

“July 14th, Tripler participated in the RIMPAC Exercise along with the State of Hawaii, in a mass casualty disaster scenario involving a large earthquake and tsunami,” Barr said. “This type of exercise is a real life possibility and that is why we conduct these exercises; to be ready at any time for any mission.”

Part of taking care of the Army as Fanning describes it means ensuring the health of the force.

Secretary Fanning gets feedback from Soldiers at PACMAN-I

Story and photo by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity
Forward Center Hawaii

MARINE CORPS TRAINING AREA BELLOWS — Secretary of the Army Eric Fanning visited the Pacific Manned Unmanned – Initiative (PACMAN-I) training site as part of his trip to U.S. Pacific Command and spoke to Soldiers about the importance of their contributions to the initiative, Tuesday.

From gaining a bird’s eye view to moving assets by remote, Soldiers of the 25th Infantry Division were able to test and operate new robotic prototypes during the PACMAN-I, July 11–26.

Fanning spoke to Soldiers face-to-face during his visit and heard what they thought about the technology.

“There’s two things to dealing with emerging threats – one is getting the right technology, acquiring it, building it, procuring it – but the second is actually getting it into the field, getting it into

the hands of Soldiers,” Secretary Fanning said. “What’s great about PACMAN today is we did that.”

Tollie Strode Jr., Maneuver Center of Excellence Maneuver Battle Lab senior project officer, Fort Benning, Ga., explained the overall importance of trying to employ these innovative capabilities in the field.

“PACMAN-I is a step in a process that started in 2014 at the Maneuver Battle Lab,” Strode said. “We got together and looking at DoD guidance and Army guidance, began the process of learning how to fight in formations with robotics to do the things that you would expect those robotics to do. Allow us to see further, allow us to shoot at those targets that may have been acquired, and then to improve the survivability and the mobility of the force and the Soldiers that are fighting.”

Although the manned and unmanned prototypes can perform in a combat role, Strode emphasized that they can also be effective in other ways in the Indo-Asia-



A Tropic Lightning Soldier controls an unmanned vehicle as part of the Pacific Manned Unmanned – Initiative, July 22, at MCTAB.

Pacific.

“These capabilities aren’t just for combat operations, they also have a stability and support role,” Strode said. “When we have Soldiers who know how to use these systems, when we go to a place where there may be the need for us to do recon-

naissance type work in a disaster area and find pockets where populations that may be isolated are, they’ll be able to use these systems that way. That isn’t trying to find someone to shoot, that’s trying to find someone to save.”

First Lt. Zachary Short, 1st Platoon, Bravo Company, 2nd Battalion, 27th Inf. Regiment, 25th ID, said that his Soldiers were familiarized with the technology for two weeks before conducting practical exercises with them.

The biggest thing to understand is how the technology at our disposal can help improve our ability to successfully complete the mission, Short said.

“We need to be making sure we’re fielding new technology as quickly as we can,” Fanning said. “We took these new things and we gave them to Soldiers and we had them exercise with them and give us their feedback on what they think is best, how they’d improve it, how they could use it, and there clearly was a lot of excitement out there.”

HAWAII ARMY WEEKLY

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GUAM TOWN HALL






Photo by Sgt. Jessica A. DuVernay, 305th Mobile Public Affairs Detachment

GUAM — Army Reserve Soldiers within the 9th Mission Support Command had an opportunity to discuss key issues and hot topics such as promotions, retention and quality of life for Soldiers and families in the Pacific during town hall sessions with Brig. Gen. Stephen K. Curda, commander of the 9th MSC, and Command Chief Warrant Officer John Brasfield, at the Master Sergeant Vincente T. Dydasco U.S. Army Reserve Center in Guam and the Saipan USAR Center, July 10.

In the aftermath of Tropical Storm Darby

HAWAII RED CROSS News Release

HONOLULU — Hawaii County, Oahu and Maui County Red Cross volunteers canvassed the hardest hit areas this week to assess damage from the Tropical Storm Darby. The passing of Darby offers a great hurricane season reminder on how to prepare for and survive a major incident, and the Red Cross offers guidance on what to do after the storm.

On Sunday evening, 233 people stayed overnight in Oahu shelters. From Friday to Saturday, 226 people stayed overnight in Big Island shelters and 43 people stayed overnight in Maui County shelters. All statewide evacuation shelters are currently closed.

Returning home after the storm

The Hawaii Red Cross advises that people should return home only when officials say it is safe, and they should continue listening to National Oceanic and Atmospheric Administration weather radio or local news updates and stay alert for extended rainfall and subsequent flooding.

Follow these tips when returning home, especially if you experienced flooding:

- Avoid flooded roads and washed out bridges.
- Keep away from loose or dangling power lines and report them immediately to the power company.
- If possible, leave children and pets with a relative or friend. If not, keep them away from

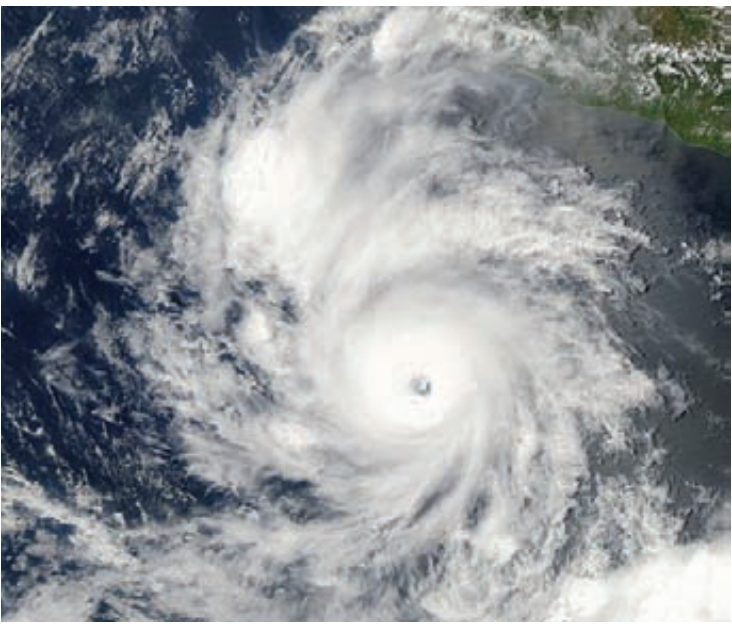


Photo courtesy of National Oceanic Atmospheric Association

hazards and floodwater.

- Beware of rodents, insects and other animals that may be on your property or in your home.
- Before entering your home, look outside for damaged power lines, gas lines, foundation cracks and other exterior damage. It may be too dangerous to enter the home.
- Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
- Wear protective clothing and be cautious when cleaning up to avoid injury.
- Smell for gas. If you smell natural gas or propane, or hear a hissing noise, leave immediately and contact the fire department.
- If your home was flooded, assume it is contaminated with

mold. Mold increases health risks for those with asthma, allergies or other breathing conditions.

- Open doors and windows. Let the house air out before staying inside for any length of time if the house was closed for more than 48 hours.

•Turn the main electrical power and water systems off until you or a professional can ensure that they are safe. NEVER turn the power on or off, or use an electrical tool or appliance while standing in water.

- Check the ceiling and floor for signs of sagging. Water may be trapped in the ceiling or floors may be unsafe to walk on.

Download free Red Cross Mobile Apps

The Red Cross urges residents to download the free all-in-one

Red Cross Emergency app that includes over 35 different severe weather and emergency alerts, maps to find the nearest open shelter, step-by-step instructions on what to do before, during, and after a disaster strikes, and lifesaving first aid instructions, diagrams, and videos on what to do for 20 emergencies like heart attack, stroke, bleeding, choking, head injuries, burns, broken bones, asthma attack, diabetic emergency, heat stroke, seizure, poisoning, bee stings, allergies, and unconsciousness. There is even a one touch “I’m safe” button that allows you to broadcast reassurance to family and friends through social media outlets that you are out of harm’s way.

Get involved

The Hawaii Red Cross continually recruits, trains and mobilizes volunteers to help those in need to respond to disasters like Tropical Storm Darby. Over 95 percent of services are provided by volunteers. All disaster training, services, and financial assistance to victims is free, through the generosity of our donors, volunteers and the community.

How to Help

The Red Cross is a non-profit humanitarian organization which provides assistance to meet the immediate emergency needs of those affected by disasters. All Red Cross assistance to disaster victims is free.

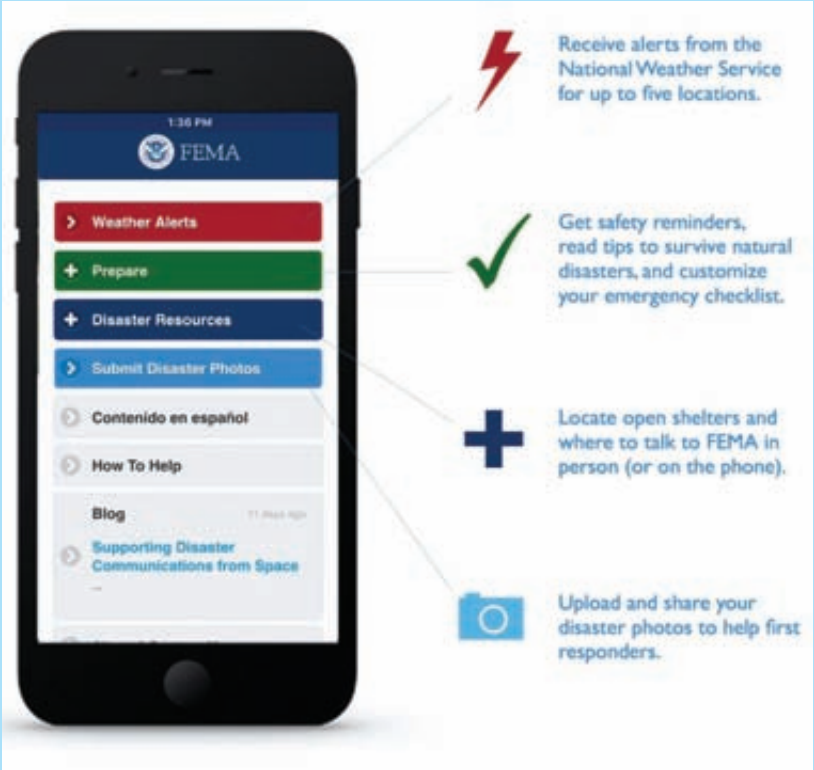
(Editor’s note: Additional information was added by the U.S. Army Garrison-Hawaii Public Affairs Office to this American Red Cross news release.)

FEMA App Social Media Toolkit

FEDERAL EMERGENCY MANAGEMENT AGENCY News Release

Be prepared and download the FEMA app for free on the iTunes App Store or Google Play. Learn what to do before, during and after emergencies with safety tips. The app also lets you receive weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

- With hurricane season continuing through Nov. 30, the FEMA app is an essential tool to help your family weather the storm, nationwide.
 - Receive weather alerts from the National Weather Service for up to five different locations anywhere in the United States.
 - Learn what to do before, during and after emergencies with safety tips.
 - Share disaster damage photos on a verified photo-sharing platform.
 - Prepare ahead of time with an emergency kit checklist and safety reminders.
 - Get directions to open shelters and where to talk to FEMA in person.
 - Nearly half a million Americans already have the FEMA app.
- Download free on the iTunes App Store, Google Play and at FEMA.gov.



Voices of Ohana

How do you intend to increase your situational vigilance during AT Awareness Month?

Cpl. Elizabeth A. Whaley and Spc. Jessica N. Santiago, U.S. Army-Pacific



“I continue to train myself with all of the knowledge given on the training sites while putting into practice all that I’ve learned.”

Staff Sgt. Damon Allen
HHB, USARPAC



“I’ll make habitual efforts to conduct personal risk assessments, evaluate surrounding environment, and keep abreast with current events.”

Maurice McKinney
IATP coordinator
USARPAC OPD



“By being cautious of suspicious activities within the workplace.”

CPT. James E. McMillon
HHB, USARPAC



“By staying vigilant and being aware of current anti-government trends by terrorist or extremist groups.”

SSGT. Timothy D. Muckle
HHB, USARPAC



“By providing in-person AT Level 1 classes throughout August, I will instill and sustain heightened awareness and help TAMC members understand indicators of potential terrorist activities.”

Colin Swartz
AT Officer, TAMC

311th SC (T) welcomes Thoms as Brock retires

Story and photo by
SPC. NIKKO-ANGELO MATOS
311th Signal Command Public Affairs

FORT SHAFTER — As the morning rain began to slowly subside and the sun started to shine over historic Palm Circle, Brig. Gen. Lawrence Thoms accepted command of the 311th Signal Command (Theater) from Maj. Gen. Lawrence W. Brock III during a change of command ceremony, here, July 21.

Signaleers assigned to all of the 311th’s subordinate units marched onto the field to await the arrival of the official party. Paying homage to their Signal Corps roots, the command conducted the ceremony using traditional semaphores, the Army’s method of communication before the radio was invented. Three signaleers — two on the field and one on a tower to simulate a tall ridge as was used in the past — relayed commands with precise movements of the red and white wigwag flags.

“It’s tough to bid farewell to the Soldiers and families of the 311th and to also take this uniform off that has been a big part of our lives for so long. We will truly miss the professionals and families that we have met and known during our tenure and for all we have accomplished together.”

“As we pass the mantle of the command from one outstanding leader to another one who is exactly the right leader at the right time, Brig. Gen. Thoms,” said Maj. Gen. John B. Morrison Jr., commander, Network Enterprise and Technology Command and ceremony officiating officer. “Like (Brock, Thoms is) an operator’s operator. Over the past



Maj. Gen. John B. Morrison Jr, commander of the Network Enterprise and Technology Command (NETCOM), passes the 311th Signal Command (Theater) colors over to Brig. Gen. Lawrence Thoms at historic Palm Circle on Fort Shafter, July 21.

year (Thoms) has expertly supported deployments of forces back into Iraq and into Jordan and numerous other countries in Southwest Asia.”

Before assuming command of the 311th, Thoms served as the commander for the 335th SC (Provisional) in Kuwait.

“The strong leadership of our officers, NCOs, Soldiers, and civilians of the 311th team has proven over and over again

that Army, Joint, and Allied commanders in this theater will always have the communications they need when they need them for any mission.” said Thoms. “The challenges will never decrease, but the 311th Soldiers will always prevail. It is that spirit that makes me proud to join you today”

The U.S. Marine Corps Forces, Pacific Band provided the music, playing

medleys for the ceremony. Immediately following the change of command, the 311th conducted a retirement ceremony for Brock. Lt. Gen. Alan R. Lynn, director of the Defense Information Systems Agency and the commander of Joint Force Headquarters -Department of Defense Information Networks, officiated.

Brock’s successful career a pattern became clear he accomplished his missions while simultaneously caring for Soldiers, civilians, and their families, Lynn said.

“He rejuvenated family support programs, cared for deployed Soldiers and their families,” said Lynn. “He established a positive command climate and built winning teams of Soldiers and civilians.”

After Lynn’s remarks he presented Brock and his wife, Melinda, with a number of certificates and medals for their outstanding service to the 311th and the Army. Brock served in the U.S. Army for 36 years.

“When I reflected back I realized that when I was a young 2nd Lt. I listened to the NCOs who took me under their wings and offered sound advice.” said Brock. “When I arrived on island, I listened to Gen. Brooks when he said, “I want your chief of staff to run the 311th, your deputy to run the G6 and you to operate at a higher level.”

“It’s been a wonderful ride. From the bottom of my heart I want to thank all of you who have made a difference in this citizen-soldier’s career.” Brock said. “I love everyone one of you and I’m going to miss this ... every day.”

130th changes leaders, greets new command team

Story and photo by
CAPT. ADAM CARTIER
130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Soldiers, families and friends of the 130th Engineer Brigade, 8th Theater Sustainment Command, gathered at Hamilton Field for a change of command and change of responsibility, July 20.

The dual ceremony marked a change in leadership for the brigade after Col. Danielle J. Ngo, commander, and Command Sgt. Maj. Patrickson Toussaint, senior enlisted adviser, accepted the mantle of leadership as the brigade’s new command team.

“This brigade is an extremely valuable and versatile U.S.Army-Pacific asset and these Soldiers will not let you down,” said Col. Blace C. Albert, outgoing commander.



Col. Danielle J. Ngo (left) accepts the brigade colors from Maj. Gen. Susan Davidson, commander, 8th TSC, during the brigade’s change of command ceremony on Hamilton Field, Schofield Barracks, July 20.

Under the leadership of Col. Albert and Command Sgt. Maj. Lauro F. Obeada the brigade provided the Pacific Command theater with logistic, construction, combat, geospatial, dive and general engineering support.

The focus of the ceremony involved the passing of the brigade colors, which represent the heritage and history of the unit, the loyalty of its Soldiers, and the commander’s authority.

The 130th Engineer Brigade traces its lineage back to the 1303rd Engineer General Support Regiment, which was activated in July 1943 and was shortly thereafter deployed in support of both the European and Pacific Theaters in World War II. The unit also served in Operations Joint Endeavor, Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom.

As the premier engineer unit in U.S.

Army Pacific, the 130th Engineer Brigade is comprised of two battalions: the 84th Engineer Battalion (Construction Effects) and the 8th Special Troops Battalion, which are called upon consistently for engineering and logistic support across the Pacific Theater.

“The importance of the Pacific Theater at the strategic and operational level, I look forward to seeing the unit’s ability to meet the Army’s goal of providing a strategic advantage in a complex world,” said Ngo.

Prior to the official ceremony, Maj. Gen. Susan Davidson presented the Legion of Merit to Albert and Obeada and awarded their spouses, Kelly Albert and Melania Obeda, the Army Engineer Association’s Essayons Award to honor their significant contributions to the morale welfare and spirit of engineer units and organizations.

‘Wolfhounds’ conduct mile-high workout with SAF partners

SPC. PATRICK KIRBY
3rd Brigade Combat Team Public Affairs

POHAKULOA TRAINING AREA — “Wolfhound” Soldiers assigned to Delta Company, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division incorporated Soldiers from the 9th Inf. Bde., 6th Div., Singapore Armed Forces, into their daily physical training routine, here, July 21.

The PT event consisted of 60 Soldiers from both armies broken into three teams. Each team had to complete 200 push-ups, situps, pullups and dips, while running a mile in-between each event.

“PT is a very important aspect of military life and it is important that we maintain our physical readiness, even while in field or training environment,” said Pfc. Kyle Reichert. “Working out with the Singapore troops was an awesome experience, getting to see the team activities was really cool.”

Performing daily PT for a week at PTA is an arduous and challenging experience



Photo by Spc. Patrick Kirby, 3rd Brigade Public Affairs Team, 25th Infantry Division

for Soldiers from both nations since the average elevation is more than 6,300 feet. “Conducting physical training with

our partner nations is a rewarding experience because we are able to unite under a common challenge,” said 1st Lt. Joseph

“Wolfhounds” assigned to Co. D, 2-27th Inf. Regt., 3rd BCT, 25th ID, run in the thinner air alongside their Singapore counterparts from the 9th Inf. Bde., 6th Division, Singapore Armed Forces. The troops ran a half-mile between each workout set (push-ups, sit-ups, pull-ups and dips) as part of the physical training event at Pohakuloa Training Area, Hawaii, July 21.

Nyhan, platoon leader. “Shared suffering forges strong bonds.”

The PT event is a part of the larger bilateral training event Tiger Balm, where SAF troops are training with the 3rd BCT and 29th BCT of the Hawaii Army National Guard at the 298th Regt., Multi-Functional Training Unit, Regional Training Institute, Waimanalo and at PTA.

“I’ve enjoyed training with the Singapore Army and learning that while we have very different cultures, we are all still Soldiers and share the common bond of pain and sweat,” said Spc. Jacob Jensen.

715th MI Bn Soldier named 500th MI Bde INSCOM NCO of Year

Story and photo by
SGT. 1ST CLASS THOMAS G. COLLINS
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Staff Sgt. Andrew P. Crump distinguished himself during the U.S. Army Intelligence and Security Command’s NCO and Soldier of the Year Competition, recently held at Fort Belvoir, Va.

Crump, a Kansas City, Kan., native, signals intelligence Soldier, Company A, 715th Military Intelligence Battalion, 500th MI Brigade, won the demanding INSCOM competition.

“It was challenging,” explained Crump. “There were a lot of good Soldiers competing.”

During the competition, Soldiers participated in day and night land navigation, M16 and M9 qualification and stress shoot, a physical fitness test, 12-mile ruck march, warrior tasks and battle drills, competition board and two mystery events rounded out the competition.

“Competitions and competing assists the Army with identifying the very best Soldiers and leaders our Army has to offer,” said Command Sgt. Maj. Shane M.



Staff Sgt. Andrew P. Crump (right), signals intelligence analyst, Co. C, 715th MI, is awarded an Army Commendation Medal by Command Sgt. Maj. Dayron Vargas, senior enlisted adviser, INSCOM, June 22.

Courchene, senior enlisted adviser, 715th MI Bn. “Any Soldier or NCO who goes through such a physically demanding and mentally tough competition cannot help

but come out smarter, stronger and more resilient.”

Crump used all of his skills to succeed. “Land navigation was my most challenging event,” said the eight-year Army veteran. “Fort A.P. Hill, Va., was a tough course to do land navigation on due to dense forest cover.”

Successfully navigating the competition, Crump attributes his achievement to his mentors.

“Following the brigade competition in April and in preparation for the INSCOM competition, Courchene and Sgt. 1st Class Nicholas J. Clough, Co. C 1st Sgt., 715th MI Bn., developed a comprehensive training plan for me,” said Crump.

The training plan consisted of dedicated ranges, physical conditioning, medical training.

“I’ve been putting in a lot of range time working on weapons training, ruck marching, and doing PT twice a day,” said Crump. “I have been studying two to three hours a day to maintain a base of knowledge and build on it the best that I can.”

Consistently working to improve has helped Crump excel and move on to the next level competition.



MSC, USARPAC voyage through Pacific Pathways

Story and photos by
GRADY FONTANA
Military Sealift Command Far East
News Release

SATTAHIP, Thailand — Despite continued conflicts in the Middle East and elsewhere, the U.S. remains committed to a refocus of strategic priorities to the Pacific region.

One of the biggest challenges when operating in the Pacific region is the vast area covered – almost half of the Earth’s surface.

Post 9/11 and after more than a decade of wars in Iraq and Afghanistan, the Marine Corps and Army are rediscovering, redefining and re-evolving their amphibious roots while working closely with the Navy, and in times of fiscal constraints, the services must find ingenious ways to operate at reduced costs.

From June through August, U.S. Pacific Command will be conducting a series of bilateral exercises designed to promote partnership and interoperability between the U.S. and three Southeast Asian countries’ militaries: exercises’ Hanuman Guardian in Thailand, Keris Strike in Malaysia and Garuda Shield in Indonesia.

Since personnel and equipment deployed from the U.S., the exercises presented a formidable logistical challenge that U.S. Army Pacific mobilized, along with Military Sealift Command (MSC).

MSC’s contracted voyage-charter MV Ocean Glory recently conducted a backload of about 250 items, here, as part of the mobility operation Pacific Pathways 16-2 (PP16-2).

The MV Ocean Glory is a general purpose, heavy lift, commercial ship from Intermarine under contract by MSC to support PP16-2, a USARPAC mobility operation that supports the three USARPAC exercises and links them into a single operation by using a single MSC charter vessel to carry a designated task force and their force package equipment for the entire duration.

Pacific Pathways is an innovation that links the series of PACOM-directed Security Cooperation exercises with allied and partner militaries, and reduces the time, distance and cost impacts com-

pared to a multi-vessel liner service.

“The ‘pathway’ is the link between these previously-independent bilateral and multilateral exercises, and the unit is mission-tailored and task-organized for the entire series of exercises,” said Col. Bob Curran, mobility director, USARPAC. “The Pacific Pathways concept commits a designated task force and their force package equipment to the entire duration of a pathway.”

The MV Ocean Glory departed Tacoma, Wash., in mid-May with equipment from Joint Base Lewis-McChord and a detachment of ship riders, and made a stop in Hawaii to embark more gear, before arriving in June to Thailand, in support of exercise Hanuman Guardian, to offload equipment for Task Force Lancer, made up of elements of the 2nd Stryker Brigade Combat Team, 2nd Infantry Division from JBLM and 2nd Battalion, 25th Combat Aviation Bde. from Hawaii.

After Hanuman Guardian, the equipment will voyage to Malaysia where some equipment will be discharged to support Keris Strike. Immediately after the offload, the ship will transit to Indonesia to discharge gear for exercise Garuda Shield. At the conclusion of the exercise, it will backload all gear from Indonesia, then Malaysia, before returning to Hawaii and JBLM.

“Prior to Pacific Pathways, an equip-

ment set endured on average 90-days transit time per exercise from home base to exercise country and return on liner service solutions,” said Curran. “For three exercises this amounted to nine months of the year where the equipment was inaccessible to the unit which resulted in increased maintenance days and reduced readiness.”

The Pacific Pathways’ single MSC charter vessel solution for three consecutive exercises corrected this dynamic.

“During sail on a MSC charter vessel, unit representatives on the vessel can execute preventive and minor maintenance and coordinate for replacement parts to arrive at the next exercise,” said Curran. “This facilitates sustained readiness throughout the course of a Pacific Pathway to ensure equipment is operational.”

Pacific Pathways also provides MSC staff invaluable training benefits. The operation tests MSC staff’s ability to train and evaluate charter vessel process, activation and operations to strengthen interoperability in the joint and combined environment.

“Pacific Pathways allows commercial and merchant marine crews to execute military sea movement in support of USARPAC that replicates contingencies and familiarizes the crews with USARPAC coalition partner port locations and

operations,” said Curran. “Pacific Pathways provides invaluable MSC training to operate continuously for up to six months with an Army force package to multiple ports.”

Pacific Pathways provides a strenuous training work out for MSC. During a PP16-2, MSC, USARPAC and host nation networks execute multiple lift on/lift off operations in multiple sea ports under time constraints.

“I’m working with three different ship agents, three different cargo agents, two different (Surface Deployment and Distribution Command) battalions, and multiple different host nations,” said Christopher Cassano, plans and exercises officer, MSC Far East, based out of Singapore. “It’s just a lot to manage. A regular movement, especially a commercial movement is relatively simple. The biggest challenge is all the coordination with the various host nation partners, the various exercise participants, and the different logistics teams.”

MSC has learned that having a single MSC representative supporting all the various location greatly enhances efficiency, especially when working with a commercial vessel that’s not accustomed to working with the U.S. military.

“What’s interesting about this ship is it’s the first time she’s flying the U.S. flag, it’s first time she’s handling military cargo, and it’s also the first time for most of the crew as well,” said Cassano. “They’re learning as we’re learning.”

At each port, military representatives have met the ship on arrival, which facilitated streamlined processes.

“We’ve never worked so closely with Military Sealift Command, or in some cases the Army and the Navy,” said Capt. Christopher Hill, merchant marine and master of the Ocean Glory, Hill. “It’s a culture of teamwork—everybody pulling together to accomplish a common goal.”

MSC operates approximately 115 non-combatant, civilian-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.



A Stryker is lowered into the heavy lift ship MV Ocean Glory during a backload of equipment at Chuk Samet, Thailand, from exercise Hanuman Guardian, July 12, as part of a backload of about 250 items in Thailand as part of Pacific Pathways 16-2.

Use of ‘Molly’ comes with significant effects

ARMY SUBSTANCE ABUSE PROGRAM
Schofield Barracks

“Molly” is the street name for pure MDMA (3-4 Methylendioxyamphetamine). Molly is different than ecstasy pills (“E”) because it comes in powder form or in capsules that are commonly more clean or pure than the “E” pills. In Hawaii, MDMA is also found to be laced with cocaine.

The primary effects of Molly are pretty consistent among all users. In general, Molly takes on its effects within 45 minutes to an hour after consumption and hits a peak after two to three hours. After the peak, Molly hits a plateau that lasts two or three more hours, followed by a comedown. The substance’s chemical



behavior specifically targets neurons in the brain and it induces a massive release of serotonin, a vital neurotransmitter

naturally produced by the body. When these chemicals are being pumped into the mind, serene emotions emerge.

Molly can have significant effects on its users. Effects such as an alteration in consciousness, fear, anxiety, insecurity, aggression, hostility, jealousy, feelings of intimacy and love for others as well as increased energy and endurance, just to name a few.

Dopamine receptors are also influenced by the presence of MDMA. This creates the perception of pleasure from a simple touch. Ultimately, this can be considered one of the least harmful effects associated with Molly; however, the pursuit of tactile enjoyment can sometimes lead to risky activities.

Excessive use of Molly can deplete

the mind’s ability to continue producing serotonin. After several instances of consumption, the neurotransmitter systems start to wear down as a consequence of constantly running in overdrive. Irregularities in serotonin production lead to ailments including insomnia, depression, mood swings and a loss of appetite. Suicide can result from severe experiences with MDMA withdrawal.

Molly is very popular with teens and young adults and has become known as a party drug or a sex drug due to the euphoric feeling its users have. It has been used as a date-rape drug.

If you are using Molly or would like additional information, please call the Army Substance Abuse Program at 655-8610 to schedule an appointment.

‘Bronco’ Brigade delights Singapore partners with Hawaii’s wonders

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 3rd Brigade Combat Team “Broncos,” 25th Infantry Division, hosted a cultural exchange day with members of the 9th Inf. Bde., 6th Div., Singapore Armed Forces, on the islands of Oahu and Hawaii, July 23.

The cultural exchange gave a much-needed break in the middle of the two-week long bilateral exercise taking place here, Waimanalo and Pohakuloa Training Area.

Almost a hundred SAF troops and a dozen staff members of the Bronco brigade were together during the cultural exchange at Oahu, said 1st Lt. James Newsome, environmental science officer, Headquarters and Headquarters Company, 3rd BCT.

“It’s a great responsibility and honor to be able to show them what America and Hawaii has to offer from a military aspect,” Newsome said. “For some of them it’s their first time here in Hawaii, so it’s good to show them around.”

Newsome said the Bronco brigade took their Singapore partners to the USS Arizona Memorial at Pearl Harbor, the U.S. Army Museum of Hawaii at Fort De-Russy Military Reservation and Waikiki Beach. The USS Arizona Memorial tour was the first on the itinerary for the SAF troops to visit.

Maj. Garick Bay, assigned to the 9th Inf. Bde., 6th Div., SAF, said he had only passing knowledge of the attack prior to his visit to the Arizona Memorial.

“We heard about it and seen it in movies, but up close and personal to the thing itself it’s quite an enriching experience itself,” Bay said. “It gives a bit goosebumps when you are there.”

The Singaporeans were awestruck at visiting the battleship memorial that had become a symbol of perseverance during World War II.

The Empire of Japan simultaneously struck both the U.S. and Singapore, albeit technically on different days due to the international dateline, at the beginning of the Pacific War.

Another SAF soldier, 1st Warrant Officer Shawn Maniam, said it was quite interesting how the U.S. preserved the Arizona, and leaving the remains of the fallen Sailors and Marines who lost their lives during the Pearl Harbor raid.

“The sunken ship became the tomb for the dead men and whatever happens on top is what the future of the U.S. is,” Maniam said. “So it was quite an interesting metaphorical message.”

On the Big Island of Hawaii, the 3rd BCT’s 2-27 Inf. Regt. “Wolfhounds” hosted their SAF partners to sightseeing and capping off the evening with a luau at Kona.

The Wolfhounds had to adjust their cultural day by cancelling their visit to



Soldiers assigned to the 9th Infantry Brigade, 6th Division, Singapore Armed Forces (SAF), takes the seat at 3 inch/50 naval gun display at the World War II Valor in the Pacific National Monument at Pearl Harbor, July 23. The 3rd BCT, 25th ID, hosted a cultural day for their SAF partners during exercise Tiger Balm 16.

the town of Volcano on the eastern side of the island due heavily rainfall wrought by Tropical Storm Darby.

However, weather didn’t dampen the spirit and magic of Hawaii as the Singaporeans enjoyed their mid-exercise break on the leeward side of the island.

“It was a privilege to experience the Hawaiian culture with the SAF,” said 2nd Lt. Adam Scheenstra, HHC, 2-27th Inf. Regt. “Their excitement and reception

of the experience was very positive. I believe they thoroughly enjoyed it, as did I.”

Lance Cpl. Teo Wei Jun, SAF, enjoyed his cultural experience after a day of seeing the sites of Hawaii.

“Americans are very friendly,” Teo said. “We had lots of fun in Hawaii, it’s definitely warmer with much more beautiful scenery and awesome blue water.”

(Note: Spc. Patrick Kirby, 3rd BCT Public Affairs, contributed to the story.)

SHARP partners with West Point, TRADOC

ARMY G-1
News Release

The Army Sexual Harassment/Assault Response and Prevention program office, the Training and Doctrine Command, the U.S. Military Academy and the Army SHARP Academy are collaborating with academia and related nonprofit and advocacy organizations to share lessons learned, explore new ideas, and identify best practices for addressing sexual harassment and sexual assault prevention and response.

What has the Army done?

The Army has engaged with colleges and universities on sexual violence because they have populations that face similar risks for sexual assault. By sharing lessons learned and best practices, each can benefit from the experiences of the other. The outreach efforts have included: **T**RADOC partnering with 248 colleges/universities on sexual harassment/assault prevention and response. These efforts have included ROTC leaders serving on Title IX and Sexual Assault prevention/response



committees and cadets serving as peer mentors and bystander intervention trainers.

The SHARP Academy building relationships with more than 30 colleges and universities through visits for updates on the Army’s efforts and participation in quarterly SHARP Academy sponsored

professional forums.

- The Army SHARP Program director’s presentation at the Student Affairs Administrators in Higher Education 2016 NASPA Symposium on Military-Connected Students.
- The USMA superintendent’s article: “Lessons to Share – How Federal Service

Academies Prevent and Punish Sexual Assault” (May 7, 2015).

What continued efforts are planned for the future?

The Army will continue to collaborate with academia to exchange insights, lessons learned, best practices and new ideas. Events such as the USMA SHARP Summit, scheduled for Sept. 28 to 30, will include participation by all military service academies, senior military academies and several New York colleges.

The Army will continue to collaborate with external organizations and individuals in analyzing trends to prepare for the future.

Why is this important to the Army?

Reducing sexual assault incidents, as well as building cohesive teams where everyone is treated with dignity and respect, helps to enhance the readiness in the Army. Partnering and collaboration provide an invaluable means for enhancing Army efforts to promote climates of dignity and respect so that sexual misconduct is rare, and those who report it are safe from retaliation.

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com

Today

Editor’s Tip — For easier surfing, visit www.HawaiiArmyWeekly.com to click on links.

Satellite City Hall Re-opened — The Fort Street Mall Satellite City Hall resumed normal operations, yesterday, after it had been closed since Monday due to flooding related to Tropical Storm Darby. The satellite city



hall is located under King Street at 1000 Fort Street Mall. Services available include motor vehicle registration, driver license renewal/duplicate, property tax payment, water bill payment, fire-works permits, voter registration, disabled parking permits, TheBus pass sales, spay/neuter certificates, and licensing for dogs, bicycles and mopeds.

For information regarding services and locations, please visit www.honolulu.gov/csd/.

Low Power — Testing by HECO since July 21 is causing low voltages at Schofield Barracks, Wheeler Army Airfield and Grow the Army-South Range during daytime hours. The power should return to normal in the evening hours. Work is scheduled to conclude Thursday.

Pokémon on Post — Following up on the article about the Pokémon Go sightings on the garrison footprint (“Catch ‘em

all ... on post – safely – at USAG HI”, p. B-2, July 15), the Safety Office offers a few more suggestions to make your hunt safer, on or off post:

Be aware of your surroundings and pay attention to who/what is around you.

If you get the sense you are being followed or set-up for a robbery, head to a lighted area with people around. If you feel your safety is in jeopardy or see something suspicious, call 911.

If walking, watch where you’re going and don’t look down at your phone while crossing streets or exiting your vehicle.

Don’t drive a vehicle or ride your bike while playing.

Obey all traffic and parking laws. Don’t stop on the roadway or at a location that will create a traffic hazard.

Know where your children are going and set limits. Talk with your children about stranger-danger as playing may bring strangers together at PokéStops.

Do not go onto private property, dark areas or locations that you would not go if you weren’t playing the game.



If you are outside for an extended period of time, be sure to stay hydrated and be aware of sunburn.

Cyber, Tech Pros Needed — Get hired! The Department of Homeland Security Cyber and Tech Job Fair iwill still accept applications online today. DHS seeks qualified candidates to fulfill mission-critical job openings within cyber, IT, acquisition and human resources. If selected, you will receive a conditional

job offer on the spot! DHS is hiring for grades GS-09, GS-11, GS-12, GS-13, GS-14 and GS-15. Visit www.dhs.gov/cyberfair.

August

4 / Thursday

25th ID CoC — Maj. Gen. Christopher G. Cavoli assumes command of the 25th Infantry Division from Maj. Gen. Charles A. Flynn, 10 a.m. on Schofield’s Weyand Field.

5 / Friday

94th AAMDC CoC — Brig. Gen. Sean A. Gainey will assume command of the 94th Army Air and Missile Defense Command from Brig. Gen. Eric L. Sanchez, 10 a.m., on Fort Shafter’s Palm Circle. Call 448-1561.

6 / Saturday

Scheduled Power Outage — Fort Shafter armory buildings 502, 505, 515 will experience a power outage, 7 a.m.-3:30 p.m., for utility repairs.

12 / Friday

National Night Out — Island Palm Communities will hold a National Night out, 4-7 p.m., at Kaena Community Center, 5485 Gallup Street, Schofield Barracks. Call 275-3159.

23 / Tuesday

TAMC Observance — Tripler Army Medical Center will observe Women’s Equality Day, noon-1 p.m., in Kyser Auditorium.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.

Today

TAMC Traffic 1 — There will be road, bus stop and crosswalk closures at Ward Road between Jarrett White and Patterson Roads in order to construct new bus pads and repave the road. The bus stop and road closure is extended thru Sept. 3.

Detours will be on Jarrett White, Patterson and through the upper and lower parking lots, and the bus stop was relocated to sheltered area on Jarrett White.

The 24-hour closure ends today; the next phase will be closures of both lanes of Ward from Jarrett White, which becomes a two-way road for detours from Jarrett White to drivers going to the lower parking lot entrance.



Noise Advisory — Artillery training continues at Schofield Barracks and noise may be heard by surrounding communities.

- Now until July 31: Army Lightning Academy

training with blank ammunition and explosive simulators on East Range. Training is planned for both daytime and nighttime hours. Army demolitions training concludes today.

- Today: Marine Corps mortar and artillery training. Training is planned for both daytime and nighttime hours.
- Today and tomorrow: Army mortar training.
- This weekend: Army demolitions training.

For questions regarding Army training, call 656-3487; for questions regarding Marine Corps training, call 257-8832.

Sinkhole — Repairs to the sinkhole on Ala Moana Beach Park Drive are expected to be completed in about two weeks.

A contractor and city crews will be working seven days a week to repair multiple holes in the pipes below the roadway.

30 / Saturday

TAMC Traffic, Phase 3 — There are partial closures of both lanes and the three crosswalks on Ward Avenue fronting the E-Wing and hospital entrance to 1A.

Handicapped parking will be relocated to directly behind existing stalls.

Detours will be through the upper and lower parking lots.

Starting today, there will be closures of both lanes of Ward Road from Jarrett White Road. Jarrett White will be a two-way road for detours to lower parking lot entrance.

August

1 / Monday

Division Run — The 25th Infantry Division will conduct a run, 6:15-8 a.m., on Schofield’s Trimble, Cadet Sheridan and Lyman Roads. All vehicular traffic should plan to use these roads before or after the run or use an alternate route to safely reach their destination. Call 655-8573 for more info.

TAMC Traffic, Phase 4 — From today until Aug. 6, there will be partial closure of both lanes and the



three crosswalks on Ward Road fronting the E-Wing and hospital entrance to 1A. Handicapped parking stalls will be relocated to directly behind existing ADA stalls. Detours are through the upper and lower parking lots.

6 / Monday

Schofield & WAAF Power Outages — The Schofield Barracks Canby Housing Area, units 601-628, Bldgs. 692 and 660 (Dental Clinic), will have a scheduled power outage, 7:30 a.m.-4 p.m. Wheeler will also see an outage, 7 a.m.-3 p.m., This affects Wiliwili and Langely Loop. Impacted units are 502, 508, 512, 514, 516, 518, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, 527.

OSJA tips for shipping a car from Hawaii

SCHOFIELD BARRACKS AREA
CLAIMS OFFICE
25th Infantry Division

If you have a permanent change of station this summer, you might be planning to ship your privately owned vehicle through International Auto Logistics.

IAL took over the Department of Defense contract for POV shipment for government personnel in 2014. As you prepare to ship your vehicle, here are some tips to keep in mind:

Turn-in inspection: The owner or his agent will conduct a joint inspection of the vehicle with the IAL inspector to document its condition at the time of turn-in. Accessories should be included in the inventory, and you or your agent will acknowledge that the inspection of the vehicle is a true representation of its condition at the time of turn-in by signing and dating the vehicle inspection form.

The inspector should turn on the engine to listen for any obvious problems, and you should request that all operating systems are checked and their condition noted on the form. It's your right to object to any of the pre-existing damage noted by the IAL inspector, but be sure to note the objections on the form and sign at the time of inspection.

You'll also want to ensure your vehicle is thoroughly cleaned prior to turn-in. IAL has the right to refuse shipment if the vehicle is in an unclean or hazardous condition. Plus, mold and bacteria growth during shipment is more likely if the vehicle is not thoroughly cleaned and all unnecessary objects are not removed from the vehicle.

Pick-up inspection: For the delivery inspection, the inspector usually brings the owner to the parked vehicle with the motor off. The inside and outside of the vehicle should be closely inspected, because any obvious external damage that is not reported at the time of inspection may not be payable. You should also be sure to turn on the vehicle to check that all operating systems are working as they did when you turned in the vehicle. Too many owners merely check for cosmetic damage and they're likely to miss any mechanical or electrical problems during the pick-up inspection.

Any damage you cannot reasonably notice at the inspection site may still be considered if you report the additional damage to the vehicle processing center within a short period of time, preferably within a 24-hour period after retrieving the vehicle (or if you pick up the vehicle on Friday and notice a problem over the weekend, return to the vehicle processing center the following Monday to avoid additional delay.) It's critical that you don't wait to report any additional damage; the longer you wait, the more difficult it is to argue the damage was caused during transport. If you do return to the vehicle processing center to report additional damage at a later time, be sure the damage is noted on the vehicle inspection

form, and re-sign and re-date, if necessary. The inspector also needs to sign and date any additions so it can later be verified that the inspector acknowledged the damage.

If there's damage: Be sure to both verbally explain the new damage to the inspector, and specifically annotate the new damage in writing, and sign and date it on the vehicle inspection form. This is a critical step, because without documentation it is nearly impossible to prove new damage was caused during transport. Even if it looks like potential damage, but you're not entirely sure because your vehicle is dirty or it's difficult to see, annotate it as new damage to be safe.

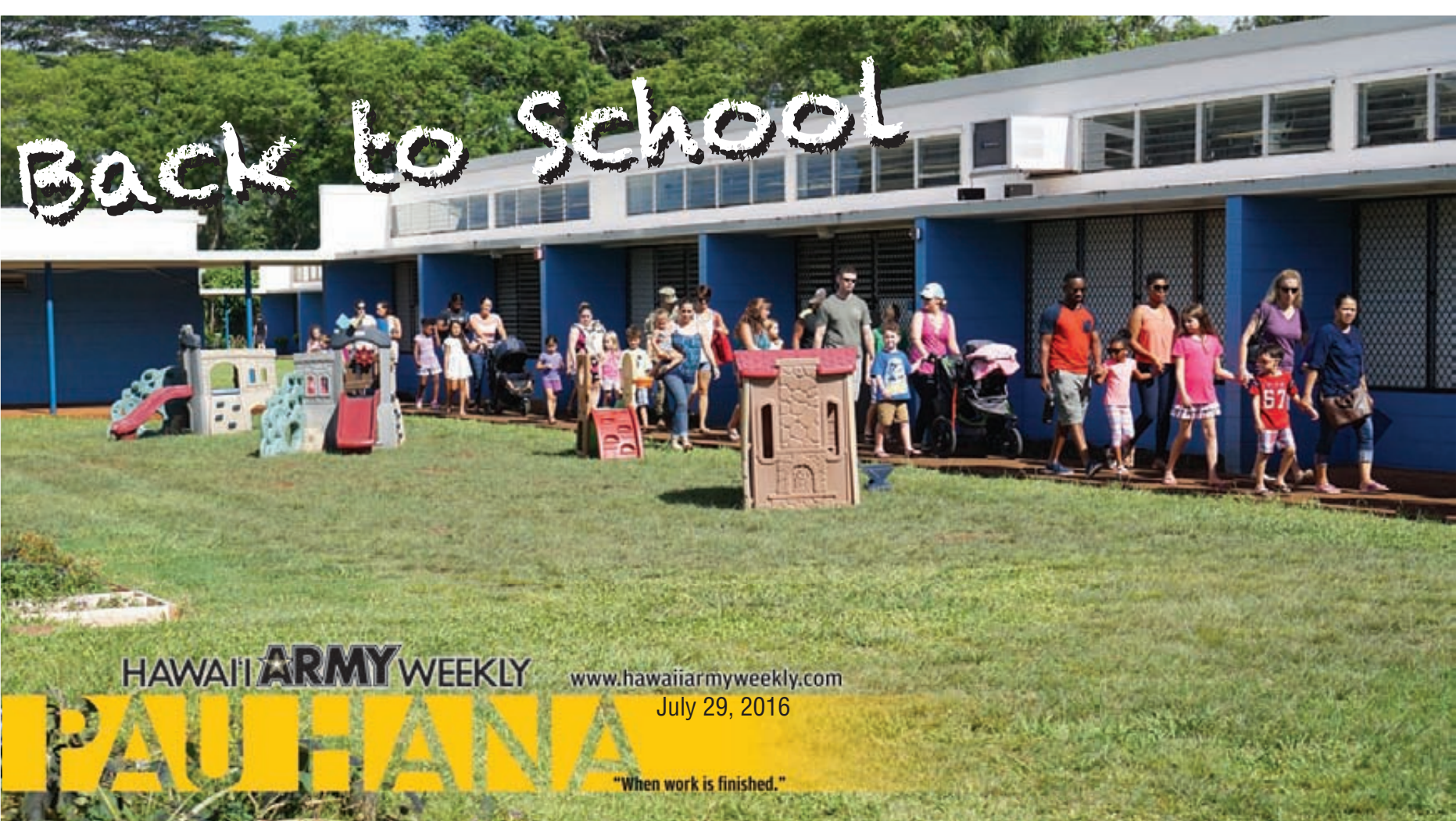
On-site settlement: Once new damage is reported, representatives have been known to make on-the-spot offers to settle. Please know there is no obligation to accept this type of offer, and in fact, there's no requirement that you first file a claim with IAL; shipping your vehicle is different from household goods shipments because there is no requirement to first file a claim with the carrier.

The Schofield Barracks Area Claims office has seen many owners frustrated and upset at the low offers they receive from IAL because the offers seem to have no rational basis and don't correspond with the repair estimate, if there is one.

Schofield Barracks Claims Office

If you find your vehicle has transient-related damage and you have questions, remember that the Schofield Barracks Area Claims Office is always available to answer questions and provide guidance. It's located at 278 Aleshire St., Bldg. 2037. Call 655-9279.





One of several groups tour the Daniel K. Inouye Elementary School for school orientation at Schofield Barracks, Wednesday.

Fall session begins Monday for Hawaii students

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Rule the school by studying up on finding services for families with students and installation regulations.

Public school for most students begins Aug. 1. Schools at U.S. Army Garrison-Hawaii and the surrounding Leilehua School Complex have been easing into classes for families by hosting school supply drop-offs and new student orientations.

“As long as they have their regular school supplies, there should be no worries for families with their children going to school,” said Wayne Yoshino, military school liaison officer for the Army.

Teachers and staff are welcoming students of every age to explore their campuses before school officially starts. Elementary schools opened their doors to kindergarteners through this week, and Leilehua High School is set to welcome the freshmen class and all new students in its school orientation scheduled Monday from 8 a.m.-noon.

Resources for families throughout the school year

Whenever a student registers for school, Yoshino said it’s important for parents to have all the needed documents for office staff. Each school website has contact information or a list of items required to register.

“Make sure the requirements for entry to school are taken care of,” he said. “Those include having

a tuberculosis test, physical exam and proper shot records that are up to date.”

Parents can also check in with his office, the Military School Liaison Office, to ask about education in Hawaii or other places where a family may permanently change stations.

Additional resources for Army families in Hawaii are at www.himwr.com/hawaiischools. For more information from the school liaison office, call them at 655-8326.

Several schools in the Leilehua School Complex and other areas also have transition centers, with staff who can help students adjust to their school changes. Parents can also get involved in a school’s parent-teacher or volunteer organizations.

Before heading to the car, know what the regulations are

Yoshino also said both families and drivers should be aware of increased traffic with school starting again. During Daniel K. Inouye Elementary School’s orientation held Wednesday, school officials reminded parents to make plans with their children about picking them up and dropping them off.

Children younger than 10 must be supervised at bus stops, recreation areas, public facilities, residences and vehicles, according to USAG-HI policy 34. Children younger than 10 are not allowed to walk alone, either to-or-from school. Several schools, including Daniel K. Inouye Elementary School, have drop-off points where school staff can officially supervise students going to class.

To report neglect, contact the military police at Schofield Barracks 655-5555/7114 and Fort Shafter at 438-7114. For more information about the child supervision policy, see www.garrison.hawaii.army.mil/faq/.

Get on the bus

Some families are looking to beat the traffic by registering their children to take the school bus. The Hawaii Department of Education has privatized the bus system, with multiple routes available. Parents are asked to check in with their child’s school office to register.

Students are eligible for bus service if they live more than one mile away from the school and live in the bus service area, said Lana Sullivan, office assistant at Leilehua High School. Payment for the bus is made through each school’s office and forms are available to print from online or at the school.

“If your family is currently staying at Inn at Schofield Barracks you would be in the bus service area,” Sullivan said. “If you qualify for free school meals, you can qualify for free bus service.”

To learn more about bus regulations or download registration forms, see www.hawaiipublicschools.org/BeyondTheClassroom/Transportation/.

The new school year can be anxious, but Yoshino said parents and students who properly prepare will do well.

“Let go and let kids have fun and they will enjoy it,” Yoshino said. “It’s a new year as students are starting school everywhere.”



Christy Lara, president of the Parent-Teacher Organization, hands out candy to children during school orientation at Daniel K. Inouye Elementary School at Schofield Barracks, Wednesday. Volunteers with PTO were looking for volunteers and selling school T-shirts.

School contacts and important dates

The Leilehua Complex of schools includes Leilehua High School in Wahiawa as well as several elementary and middle schools, some located at U.S. Army Garrison Hawaii. Students whose parents are personnel at Schofield Barracks and Wheeler Army Air Field are initially placed into these schools by the Hawaii Department of Education. For additional information see their school websites or contact their administration offices:

The schools in the Leilehua Complex are:

Schofield Barracks

- **Daniel K. Inouye Elementary School** (formerly Hale Kula Elementary School)
305-3400, Office hours are weekdays from 7:30 a.m.-4 p.m.
www.inouye.k12.hi.us
- **Solomon Elementary School**
624-9500, Office hours are weekdays from 7:30 a.m.-4 p.m.
www.solomonelementary.org
- **Wheeler Army Airfield**
- **Wheeler Elementary School**
305-9500, Office hours are weekdays from 7:30 a.m.-3:30 p.m.
www.wheeler.k12.hi.us
- **Wheeler Middle School**
Open House Supply Drop-off/Schedule Pick Up, today from 8 a.m.-noon
305-9000, Office hours are weekdays from 7:30 a.m.-3:30 p.m.
www.wheelm.k12.hi.us

Wahiawa

- **Helemano Elementary School**
622-6336, Office hours are weekdays, 7:30 a.m.-4 p.m.
www.helemano.k12.hi.us
- **Wahiawa Elementary School**
622-6393, Office hours are weekdays from 7:30 a.m.-4 p.m.
wes.k12.hi.us
- **Wahiawa Middle School**
305-3300, Office hours are weekdays, 7:30 a.m.-4 p.m.
www.edline.net/pages/Wahiawa_Middle_School
- **Leilehua High School**
Freshmen and new student orientation, Aug. 1 from 8 a.m.-noon.
305-3000, Office hours are weekdays, 7:30 a.m.-4 p.m.
www.leilehua.k12.hi.us

(Fort Shafter area schools will be listed in the Aug. 5 edition of the Hawaii Army Weekly)



Parents and children gather in the cafeteria for school orientation at Daniel K. Inouye Elementary School at Schofield Barracks, Wednesday.

In honor of a great leader

The Hawaii State Board of Education officially renamed Hale Kula Elementary School to the Daniel K. Inouye Elementary School, April 19. The school serves more than 800 students who are in fifth grade and younger, according to the BOE.

Late U.S. Senator Inouye supported several programs for children and the military education including the Joint Venture Education Forum. During Inouye’s active-duty service in World War II, Inouye was a member of the 442 Regimental Combat Team, which is now a ground reserve unit operating out of Fort Shafter.

The school has also received a combined \$33.2 million in construction funds from the U.S. Department of Defense the Hawaii State Department of Education. Work continues to upgrade or rebuild several buildings, which visitors can see photos and read about progress from Principal Jan Iwase at hkesfollowourprogress.blogspot.com. The project includes new additional classrooms, renovations to classrooms, a new student center, library-media center, two-story classroom and improved landscaping.

For more school information, see their new website at www.inouye.k12.hi.us

For Kindergarten and 1st grade age students

Kindergarten is mandatory for children who are at least 5 years old by July 31 of the school year according to Hawaii law. If your child turns 5 years old on Aug. 1 or after, they can enroll in kindergarten for the following school year. If your child was previously enrolled in an accredited kindergarten program in another area, your child may continue their enrollment in their grade according to Hawaii’s Interstate Compact on Educational Opportunity for Military Children. For more information on entrance into the school system or about early learning options for children who turn 5 after July 31, see www.hawaiipublicschools.org/ParentsAndStudents/Grade-LevelOverview/Kindergarten/Pages/home.aspx.

Briefs

Today

Lifeguard Instructor Class Prequalification Swim — Interested in becoming a lifeguard? Join us for the prequalification July 29, 8 a.m.- noon, or July 30-Aug. 4, 9 a.m.-noon. Requirements include: 300 meter swim- Front crawl, Breast stroke, 2 minute tread no hands and Brick retrieval in 1 minute and 40 seconds. Cost is \$150 for active duty Soldiers, \$175 for non-active duty. Payment made after passing class prequalification. Class dates are Mon, Wed, Thu, Fri from Aug. 8-19. Completion of course: Certification of American Red Cross, Lifeguard/ First Aid/CPR/AED good for two years. 30 spots. For more information, call Richardson Pool at 655-9698.

30 / Saturday
Free Screening — Tickets will be available for the special screening of the upcoming DC Comics villains movie “Suicide Squad” at Hickam Memorial theater. Only one showing is scheduled for July 30. Doors will open at 2 p.m., and the movie begins at 4 p.m. Come early to secure your seats. Tickets are available now through July 30 at Hickam Exchange Food court. Call 423-7694 for details.

31 / Sunday
Hale Ikena Sunday Brunch — Join us for a Sunday brunch buffet, 10 a.m.-1 p.m., \$24.95 per person, reservations encouraged. Breakfast is hosted at FS Hale Ikena Bldg. 711, Morton Dr. Call 438-1974.

PS4 Tournament — Do you have game? Come out to Tropics and prove it! Join us to play Mortal Kombat. Sign-up begins at 11 a.m., games begin at noon. No participation fee. Winners receive for first place \$25, second place \$15 and the third place winner receives a \$10 Exchange gift card. Visit Tropics, Foote Avenue, Bldg. 589, 655-5698.

August
1 / Monday
School Begins — First offi-

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Hawaii Bridal Expo — Vendors and specialists display products and wedding strategies at the Blaisdell Exhibition Hall beginning Friday at 5:30 p.m.; through 5 p.m. Sunday. For more info go to www.bridesclub.com.

Ready to read — Come to the Every Child Ready to Read: Parent & Child Workshop, today from 6-7 p.m. at Kapolei Public Library in Kapolei. Help your children develop early literacy skills now using techniques from the Every Child Ready to Read program - learn tips and why talking, singing, reading, writing and playing are important to a child’s development. This program is designed for parents of children 5 and older. For more details, visit librarieshawaii.org.

Shadow Puppets — Storyteller Jeff Gere will share shadow puppet tales, today from 6-7 p.m. at Waimanalo Public & School Library in Waimanalo.

COMING AUGUST 6

NAF Warehouse Vehicle Closeout Sale

Saturday, August 6, 2016

Viewing at 8 a.m.

Auction starts 9 a.m.

Open bid for Vehicles, Equipment and Golf Carts

ITEMS SOLD TO THE HIGHEST BIDDER

Cash and Credit Cards Accepted. Sorry, no checks.



Logistics Warehouse
Bldg.1598, Ft Shafter Flats
808-438-3492

cial school day starts for Hawaii public school students.

Employment Orientation — Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment, 10-11:30 a.m. Information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 for information or to register.

Million Dollar Soldier Refresher Training — This training provides Soldiers with valuable financial tools. Topics include saving, credit, investing and big purchases, SB ACS Office 8:30-11:30 a.m. & 1- 4 p.m. Call 655-4227 for information or to register.

Mongolian BBQ — Every Monday, join us at the Kolekole Bar and Grill for Mongolian BBQ, 5-8 p.m. Choose your own vegetables and meats for a delicious stir-fry. Call 655-4466.

2 / Tuesday
Anger & Conflict Solutions — Prevention program, noon-1 p.m., SB ACS, is designed for individuals to learn the basics of anger awareness. This class will help participants identify their own personal anger clues and ways to de-escalate conflict situations. Call 655-4227.

His show tells the story of “A Night on the Silk Road” where a Muslim, an Italian and a Jewish character meet around a campfire and share stories. This 45-minute program is suitable for all ages. Young children must be accompanied by a parent or adult caregiver. For more details, visit librarieshawaii.org.

30 / Saturday
Kolekole Trail — Kolekole Trail is scheduled to be open to all authorized hikers Saturday and Sunday.

August
3 / Wednesday
Career Expo — The Honolulu Star-Advertiser presents the August 2016 Hawaii Career Expo, 9 a.m.-3 p.m., at the Blaisdell Exhibition Hall. Visit with Hawaii’s best employers, submit an application, and discover career opportunities. Got management experience? Visit the “Corner Office” at the expo for a list of management and executive management positions. Business attire strongly suggested. \$1 active duty admission.

Taco Tuesdays — Every Tuesday at Kolekole Bar and Grill enjoy three tacos, rice and beans for \$4.99, 5-8 p.m. Call 655-4466.

Quilting and Sewing — Join us every Tuesday for Quilting and Sewing, 5-8 p.m.; \$25 first class, \$6 each additional class. Ages 17 & up recommended, for younger patrons visit Arts and Crafts Bldg. 572, 919 Humphreys Rd. or call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m.; \$100 for once a week for 10 weeks. Ages 17 & up recommended. Visit the Arts and Crafts Bldg. 572, 919 Humphreys Rd. or call 655-4202.

3 / Wednesday
ACS Play Mornings — Meet other moms and dads, share information, parenting tips, and give your infant/toddler a chance to interact with other children, 10-11 a.m., SB ACS Bldg. 2091. Call 655-4227.

SAFER Group — This discreet group, for women only, meets weekly to explore issues such as self-esteem, self-care, safety planning, and understanding abuse, 9-10:15 a.m. at SB ACS Bldg. 2091. Call 655-4227.

Keiki Night — Every Wednesday, 5-8 p.m., join us at

5 / Friday
Hawaii Tattoo Expo — The Pacific Ink & Art Expo three day event is designed to share Pacific Islander ancient tattooing styles known as Kakau & Tatau; includes music, dance and other traditions, beginning 3 p.m., Aug. 5; through 6 p.m. Sunday at the Blaisdell Exhibition Center. General admission is \$21.50 with military admission of \$18.50.

6 / Saturday
Wahiawa Family Fun Fair — Family event, 10 a.m.-1 p.m., at the Wahiawa District Park features free food, drinks, bouncers and entertainment; sponsored by Wahiawa Christian churches. Call 224-1499.

Keiki Day at Kahala Mall — Keiki and parents alike are invited to Keiki Day at Kahala Mall, Aug. 6, from 11 a.m.-2 p.m. Families can enjoy interactive displays, musical presentations and engaging activities throughout the mall. Visit www.kahalamallcenter.com/calendar/event/281 for more information.

JROTC Magnet Course Registration — Punahou School JROTC offers a fully accredited magnet course for all high school students grades 9-12,

the SB Kolekole Bar and Grill for Keiki (kids) Night! Kids under 10 eat for only \$2.99 from the kids menu. Call 655-4466.

4/ Thursday
Ultimate Frisbee Tournament Deadline — Register for the Ultimate Frisbee Tournament at any USAG-HI Physical Fitness Center. Call 655-9914 or 655-0856.

Mom & Tots — Join us at Arts and Crafts for a mom (or parent/guardian) mixed media crafting. \$5, 10-11 a.m., Arts and Crafts Bldg. 572, 919 Humphreys Rd. Call 655-4202.

Texas Hold’em Poker — Show us your best poker face! Sign-in 6-7 p.m., games start at 7 p.m. Minimum 20 people to play. Win Gift Cards, every Thursday in August at Tropics, Bldg. 589, 655-5698.

Clay Hand Building — Come join us at Arts and Crafts from 1-3 p.m. for clay hand building. 1st session \$25/ \$5 additional sessions, Arts and Crafts. Call 655-4202.

Money Management — This class focuses on the core concepts of personal finances, 10-11:30 a.m., SB ACS. Learn how budgeting, credit and investing fit into your overall financial plan and take away the “Steps to Financial Success.” Call 655-4227.

including homeschool students, who do not have JROTC offered at their schools. The course meets each Wednesday from 3-6 p.m. at Punahou. Interested students and their parents must attend an orientation/registration meeting on Saturday, Aug. 6, 9-10:30 a.m. at Punahou. Class begins on September 7. Call 944-5723 or email LTC (Ret.) Bob Takao at rtakao@punahou.edu for more information and directions to the meeting.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Ongoing
Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD
• Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at TAMC, WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
• Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
• Friday, 1 p.m. at MPC Annex
• Friday, 2:30 p.m., TAMC
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH
Pagan (Wicca)
• Friday, 7 p.m. at Wheeler Annex

Protestant Worship
• Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)

Liturgical (Lutheran/ Anglican)
• Sunday, 10 a.m. at WAAF



Finding Dory (PG)
Friday July 29, 7 p.m.
Saturday July 30, 7 p.m.

Now You See Me (PG-13)
Saturday July 30, 4 p.m.



Warcraft (PG-13)
Sunday July 31, 5 p.m.
(Closed Monday, Tuesday, Wednesday and Thursday)

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare	and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks SKIES: Schools of Knowledge,	Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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All-Army softball trials features Hawaii talent

KELSEY BUDGE
Sports specialist
Family and MWR
Sports Fitness and Aquatic Branch

SCHOFIELD BARRACKS — Army Hawaii is proud to be sending three outstanding softball players to the upcoming three-week All-Army Softball Trial Camp at Fort Sill, Okla. There they will be critiqued on their abilities in order to secure a spot on the All-Army team.

Those chosen will then play in the All-Armed Forces Championship Tournament that follows in September with representatives from each military branch facing off in Oklahoma City, Okla.

Sgt. Casey Bell, Headquarters and Headquarters Company, 1st Battalion 14th Regiment; Master Sgt. Ben Kahalehoe; 94th Army Air and Missile Defense Command; and Staff Sgt. Eric Sessom, HHC 1st Bn., 14th Regiment, 25th Infantry Division are all prepared for the expected intense but rewarding journey they are facing.

Staff Sgt. Eric Sessom
Sessom is gearing up for his third



Photo courtesy of Ben Kalalehoe
Ben Kalalehoe is receiving his first All-Army softball tryout following six deployments.



Photo by Patty Ishiki, Family and Morale, Wellness and Recreation
Sgt. Casey Bell, HHC, 1-14 Regt., prepares for his first All-Army softball trials.

All-Army Softball Trial Camp. After not making the cut in 2014 because “[he] changed the way [he] played in the first year,” Sessom altered his approach in

the 2015 Trial Camp by displaying his strengths as a shortstop and hitter. His contributions to the All-Army team last year helped the Army claim the 2015 Armed Forces Championship.

Sessom has worked to improve his game by playing off-post with Guzzlers Hawaii and is the intramural head coach for HHC 1-27 IN. For any All-Army prospect, Sessom recommends working hard to improve skills and to coordinate with someone who has partaken in the All-Army program in the past in order to get evaluated before submitting a packet.

He has been a mentor to many players in the Army community, with a goal of upholding the Army values.

Sgt. Casey Bell

Bell is a newcomer to the All-Army arena and “humbled to represent the Army.” Bell is no stranger to the pressure of advanced play though as a junior college athlete at Ancilla College. Bell says he is looking forward to competing against soldiers from around the world and is excited for the opportunity to do something he loves during his time in the Army. He has utilized the intramural softball league and his off-post team, Family Stones, to accrue repetitions in batting and to remain mentally focused on each individual game. Bell is playing in the intramural championship this week on Stoneman Field as a member of the 552nd MP team since his unit, HHC 1-14 IN, is not participating in the league.

Master Sgt. Ben Kahalehoe

With six deployments and numerous leadership positions that did not allow him the ability to apply, Kahalehoe finally has a chance to display his talent. Kalalehoe played baseball in high school and joined the Army right after graduating.

He is an all-around threat by being able to play any defensive position, but specializes in pitching.



Photo by Patty Ishiki, Family and Morale, Wellness and Recreation

Eric Sessom is working to rejoin the All-Army team and help them defend their 2015 Armed Forces Championship.

He participates in the Joint Base Pearl Harbor-Hickam league with his unit, 94th AAMDC. Kalalehoe says he is most looking forward to “meeting and battling with some good braddahs.”

Trials

All athletes at the trial will be ranked according to their past accomplishments and experience level. For more information about the All-Army Softball Team, visit www.armymwr.com/recreation/sportsandfitness/all_army_mens_softball.aspx.

Team Hawaii in place for the Army 10-miler finals

**FAMILY AND MORALE,
WELLNESS AND RECREATION
U.S. ARMY GARRISON-HAWAII**
Compiled News Release

SCHOFIELD BARRACKS — Team Hawaii is ready to run for the upcoming Army 10-miler scheduled for Oct. 9 in Washington, D.C. Both individual and team runners will be in the race, with as many as 35,000 runners competing, according the Army 10-miler official website.

All racers who receive official results are required to maintain a 15-mile pace or better and complete the entire course in 2 hours and 30 minutes at most. Last year’s overall male winners for the Army 10-miler included first-place finisher Spc. Paul Chelimo and third-place finisher Spc. Shadrack Kipchirchir. The two recently won berths to represent the U.S. for the upcoming 2016 Olympic Games in Rio de Janeiro. Last year’s first-place female finisher, Tina Muir, is an 11-time All-America Track and Field/Cross Country athlete and competed for the Great Britain Olympic Trials in 2012.

The annual race started in 1985 and is a USA Track and Field certified course featuring famous landmarks near The Pentagon. Prominent landmarks along the race route include the Lincoln Memorial, National Mall, the Vietnam Veterans Memorial, National World War II Memorial, the Kennedy Center for Performing Arts, Korean War Memorial and Jefferson Memorial.

Schofield Barracks hosted its own



Photo courtesy of Family and MWR
The members of the Hawaii Army Men’s and Women’s 10-Miler Teams pose for a photo. The runners will be competing in the race scheduled for Oct. 9 in Washington, D.C.

qualifier July 16 and has selected these Soldiers who completed the qualifier with the following times to join its team:

Hawaii Army Men’s 10-Miler Team
1st Lt. Adam Irons, 2nd Squadron, 14th Cavalry Regiment, 25th Infantry Division (1:02:07.5)
Capt. William Conkright, Tripler Army Medical Center, A Company (1:03:03.1)
1st Lt. Colton Barber, B Co., 1st Battalion-27 IN Regt. (1:03:45.4)

1st Lt. Nathaniel Einfeldt, Headquarters and Headquarters Battalion, United States Army-Pacific (1:04:02.4)
Capt. Christopher Haltom, 8th Theater Sustainment Command (1:05:31.9)
2nd Lt. Brendan Grace, 58th MP Co., 728th MP Bn. (1:05:31.9)

Hawaii Army Women’s 10-Miler Team
1st Lt. Michelle Horstman, 13th

Military Police Detachment (1:08:49.5)
2nd Lt. Sara Vagie, B Co., 3rd Bn., 7th Field Artillery Regt. (1:12:39.8)
Col. Deydre Teyhen, Commander, U.S. Army Schofield Barracks Health Clinic (1:16:01.6)
1st Lt. Milana Taylor, Headquarters and Headquarters Co., 1st Bn., 21st Inf. Regt. (1:16:20.0)
2nd Lt. Tiffany Tang, HHC, 8th MP (1:17:11.3)
1st Lt. Kimberly Andrews, 25th ID Field Artillery Regiment (1:17:34.3)

Several runners received honorable mentions as civilians who were top finishers in the women’s category: Martiza McAuley, who was in first-place for the women’s category and fifth overall with a time of 1:04:24.8 and Melissa Colby who took third place with 1:11:49.5.

Team Hawaii will represent their region along with teams comprised of commands in other areas. Teams must have at least four runners and a maximum of eight. The four fastest times will be scored, according the Army 10-miler website. Team categories include active-duty teams for the Commander’s Cup, sergeants major, military academy, ROTC, mixed teams and all comers.

(Editor’s note: Information for this release was compiled by Kelsey Budge from Family and Morale, Wellness and Recreation and Christine Cabalo from Oahu Publications.)

Case lot, ‘Back to School’ heads Commissary August promotions

SALLIE CAUTHERS
DeCA marketing and mass media specialist

FORT LEE, Va. — August means “Back to School” savings at commissaries around the world and the return of the popular Customer Appreciation Case Lot Sales in the states.

“The lineup of promotions for August gives our customers plenty of reasons to shop their commissary for great deals that help them stretch their paychecks,” said Tracie Russ, the Defense Commissary Agency’s director of sales.

The savings result from DeCA’s industry partners – vendors, suppliers and brokers – who collaborate with commissaries to offer discounts beyond everyday savings. End-of-aisle displays especially feature low-priced items.

August lineup

• **“Back to School”** sales focus on products that make up healthy family breakfasts, fresh-packed school lunches, and after-school snacks that young students can prepare themselves. Promotionally priced items are throughout the store, and fresh produce plays a big role



in all three meals, as well as lunchmeats and dairy products.

• **Customer Appreciation Case Lot Sales** begin mid-August and run through September at stateside commissaries including those in Alaska, Hawaii and Puerto Rico. These three-day sales feature savings on a variety of items including bulk buys of cereals, breakfast bars, chips, beverages and paper goods, and good prices on seasonal fresh produce. These “parking lot” sales also provide high-value coupons for products inside the store.

• **Olympic Sponsor Discounts** as P&G, Kellogg’s, Smuckers, Coca-Cola and

Hershey offer discounts on over 30 of their participating brands highlighted by mass displays and in-store coupon sales flyers, through Aug. 15, Commissary Rewards Card users can enter for a chance to win a \$500 Visa gift card by purchasing any four participating products. A total of eight \$500 Visa gift cards will be awarded.

• **The Scholarships for Military Children** fund could receive up to a \$50,000 donation from Kellogg’s thanks to a cause promotion. They will donate 5 cents per box for every Kellogg or Keebler item purchased worldwide through the month of August.

• **Box Tops for Education** is a General Mills school fundraising program that runs Aug. 1-28 in commissaries worldwide. Each product box top collected is worth 10 cents and many General Mills items will have double box top value during the month. High-value coupons, in-store product demonstrations and decorative mass displays in stores are also part of the promotion.

• **Free Groceries for a Year** is a Kraft Heinz promotion that will give away six

total prizes of \$7,500 each in Commissary Gift Cards to winning commissary patrons. The online giveaway runs Aug. 1 - Sept. 11.

“Your commissary has it all for your children’s back to school nutritional needs,” Russ said. “Promoting lean protein, high fiber cereals, low-fat dairy products, and fresh fruit give our military families great ideas for a healthy, well-rounded breakfast, which is a very important meal.”

Online

Commissary shoppers can easily find out about the sales and promotions by going online at www.commissaries.com where they can also enter contests and win trips. Best places to check are the Sales & Events and the Exclusive Savings sections, while the case lot sale schedule is at the Customer Appreciation Case Lot Sale page.

Explore the injustices of eternal teenage angst

“You just don’t understand, Mom!” Anna bawled before slamming her bedroom door.

The theatrics would make one think that the galaxy was collapsing, but I had merely refused to allow Anna to sleep over at a girlfriend’s house because Anna’s boyfriend was staying there too.

I sighed heavily, slurped my now tepid coffee, and wondered if my 18-year-old remembered that science has actually proven that the Earth spins on an axis, and does NOT, in fact, revolve around her. But I knew better than to expect a teenager to imagine that she is anything less than the center of the known universe.

Back in the early ‘80s, I was a self-absorbed teen too, but countless mother-daughter talks have not convinced Anna that I had ever walked in her shoes.

To start, she is a world-traveling Navy BRAT, and I grew up in one small Western Pennsylvania town. Anna is stylish, and my favorite outfit in high school was an orange wool sweater with matching knee socks. She is long and lean, and I was short and chunky. It is



The Meat and Potatoes of Life
Lisa Smith Molinari
Contributing Writer

true that Anna is smarter, more popular, more artistic, more beautiful, and vastly more fashionable than I ever was at her age, but we still share certain universal adolescent experiences.

I’ll admit that Anna’s generation is different than mine. Today’s kids spend a significant portion of their day staring into electronic devices, communicating wirelessly with their thumbs, taking digital photos of themselves, and guzzling the enormous deluge of 24/7 images and information on the Web.

By contrast, I grew up without instant information about my friends, because I only communicated with them in person or during calls from the rotary telephone in my bedroom. And, the only electronic screen I looked into with any regularity was our family’s console television, which was usually broad-

casting the six-o-clock news, “Magnum P.I.,” “Three’s Company,” or “Hill Street Blues.”

Regardless, when I was Anna’s age, I was also plagued by the injustices and insecurities of youth.

I’d lay on my mock-brass twin bed, ensconced in my Kliban Cat comforter, staring at the yellow walls. None of the billions of teenage girls who had lived before me had ever been through what I had been through. No one understood me.

The ordeal of puberty, the anxiety of social acceptance, the surge of hormone-fueled emotions, the awkwardness of adolescence — it was all so overwhelming. Surely, no one since the dawn of time had ever felt the same. In my underdeveloped frontal lobe, I thought the only way to solve all my problems was to somehow get a boyfriend. Or, lose 10 pounds. And there was no one, except maybe my best friend Patti Frankovich and sometimes our golden retriever, Cinnamon, who could begin to understand my plight.

Especially NOT my parents.

I pressed play on my Walkman, and as Culture Club, Duran Duran, Men at Work and Stray Cats washed over my teal-and-fuchsia-enamel-earrings and into my longing ears, I never felt so alone.

Although Anna already has a boyfriend and doesn’t need to lose 10 pounds, she still feels that same teenage angst that I felt over three decades ago. I tell her about my own adolescent feelings, and the experiences of generations of teenage girls, so she will see that she is not, by any means, alone.

But for some reason, this only makes things worse.

I hope that Anna’s frustratingly existential mindset will compel her to ignore the bounds of previous experience and blaze her own trail, succeed in college, and do extraordinary things with her life that I could have never imagined.

And in the meantime, I’ll sit back, slurp my coffee, and watch the world spin slowly around her.

(For more of Molinari’s insights of being a military family spouse visit www.themeatandpotatoesoflife.com.)

Island Palm Communities residents earn scholarships

ISLAND PALM COMMUNITIES

News Release

SCHOFIELD BARRACKS — Two Island Palm Communities residents have been selected as recipients of the 2016 WinningEdge Scholarship sponsored by WinnCompanies, the management firm that provides property management services to Island Palm Communities.

Sara McCaffery and Tiffany Dixon were among 43 national winners of the scholarship awarded annually by WinnCompanies. Created in 2012, the WinningEdge Scholarship Program provides financial as-

sistance to residents who are high school and GED graduates and who are pursuing studies at a post-secondary educational institution. Recipients are chosen based on academic performance, character and proficiency in their chosen field of study.

Sara McCaffery, 21, a student of James Madison University, will apply her scholarship toward her senior year



Dixon



McCaffery

where she is studying health sciences and humanitarian affairs.

“I am so thankful to be a recipient of this scholarship,” McCaffery said. “It will be extremely helpful as I begin senior year of college at James Madison University, and

prepare to graduate in May.”

Tiffany Dixon, 18, who graduated magna cum laude from Moanalua High School, will apply her scholarship

toward her education at Washington State University where she plans to pursue business administration.

Tiffany said she believes the scholarship is very important because everyone should strive towards achieving their academic goals and doing so without creating a huge debt burden to start a young adult life makes even better sense.

A total of \$42,000 was awarded to WinnCompanies residents nationwide through the WinningEdge Scholarship Program this year. Of the 43 recipients, 21 are residents of military communities managed by WinnCompanies.



Volunteers recognized for accomplishments during Na Koa Awards

U.S. ARMY GARRISON-HAWAII
News Release

U.S. Army Hawaii senior leaders recognized several volunteers for their efforts in assisting Army personnel in providing needed services to the community. The volunteers are recognized for their hours of service logged into the Volunteer Management Information System.

Na Koa Lapel Pin Awardees (Adults who completed a minimum of 300 volunteer hours since January 2014)
Mary L. Banfield
Katherine Collins
Lindsey K. Davis
Toscha C. D’Veney
Tonya Ellison
Brittany Flather
Staff Sgt. Janeil Pierre
Jeanette Ritter
Michael S. Ryan
Tiffany Spear

Na Koa Bronze Awardees (Adults who completed a minimum of 500 volunteer hours since January 2014)
Danielle Lofreddo



Photo by Christine Cabalo, Oahu Publications

Maj. Gen. Charles A. Flynn, (left) senior commander, U.S. Army Hawaii, poses with volunteers recognized during the Quarterly Na Koa Volunteer Ceremony held at the Nehelani, Wednesday. Flynn and Sgt. Maj. Scott A. Brzak, (right) command sergeant major, 25th Infantry Division, presented the awards.



Photo by Air Force Staff Sgt. Sheila deVera

Senior Airman Karen Machado takes a nap before going to a deployed location. The new Nighttime Alleviation Play and Practice app, better known as NAPP, could give warfighters tools to make sure they’re getting the shut-eye they need.

A good NAPP key to better sleep

DEFENSE HEALTH AGENCY
News Release

Warfighters getting enough rest is no game, but a new app will address sleep issues using gaming technology. Nighttime Alleviation Play and Practice (NAPP) is a sleep app currently being developed by the Military Health System.

“Lack of sleep is a high-priority problem that is particularly pronounced in the military,” said Dr. Reese Omizo, director of the Defense Health Agency’s joint, biotechnology research center that is helping to develop NAPP. “Sleep problems can compromise operational effectiveness and make it difficult for service members to resume their lives after returning home from a deployment. Getting enough quality sleep on a regular basis is as important to long-term well-being as healthy eating, physical activity and smoking cessation.”

Understand sleep behaviors

Improving sleep behavior goes beyond limiting caffeine; it requires understanding how one’s body actually sleeps. NAPP is a three-dimensional role-playing adventure game that teaches players a dozen healthy sleep behaviors and motivates them to use them in daily life. The game does this by guiding players through a 24-hour day in less than a half-hour. One minute of play represents roughly one hour in real time.

“To produce real changes, barriers to sleep must be understood and overcome,” said Omizo. “NAPP provides more than information and instruction; it gets the player involved and more conscious of what they are doing to improve their sleep.”

NAPP is the first MHS behavior change gaming app based on evidence-based medicine. Each task in the game and all player feedback are based on a behavior-change theory.

The amount of sleep a person requires can vary. Most people need seven to nine hours of sleep, some do fine with six hours per night – but the number should not dip below six, said U.S. Public Health Service Capt. Tony Satterfield, DHA psychologist and Telehealth and Telementoring program manager.

There are several measures service members can follow to prevent piling up sleep deficit hours, said Satterfield. It might take some convincing for the troops, though.

“Some service members may feel they don’t need much sleep to function effectively,” he said. “They often view sleep as an unproductive use of time — it’s undervalued”

Research trials start at the beginning of next year, with initial testing to be done with members of the National Guard and Reserve. Omizo believes once rolled out, it will make a world of difference.

“When people are able to more directly see how sleep affects them, they’ll understand just how crucial sleep can be for daily functioning and operational readiness,” said Omizo.